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306.757.6675

insight

A guided support group for women, focused on healing and self discovery.

Tuesday Evenings | 6:00 PM - 8:00 PM

Offered 3 times per year. Dates vary.

Insight is a closed, 9-session support group for women who have experienced intimate partner or family violence. This group supports healing and self-discovery while offering space to connect with others who understand the journey. Insight focuses on making sense of the chaos, strengthening resilience, and building trust within a consistent group setting.

FINDING YOUR STRENGTH IN
resilience

Scan the QR code to see the next dates available for this group! →



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